

MSNA 2011 Pre-conference Class Descriptions

1. **8-hour Nutrition 101-** NFS Management Institute
2. **8-hour ServSafe**
Presented by Mike Callaghan, FSA The standard ServSafe course all managers are required to have for their HACCP plans. A National Restaurant Association (NRA) course, this is good food safety training for anyone in the kitchen who handles food regularly. Needs to be renewed every 5 years.
CLASS LIMIT: 30
3. **4-hour HACCP - The School Hazard Analysis Critical Control Point (HACCP)/Food Safety Plan**
workshop is designed for managers and school food service staff involved in developing their School's HACCP plan. The basic steps to developing a School HACCP plan to meet the USDA regulations and ensure proper food handling practices are followed throughout your food service program will be reviewed. This workshop has been condensed to 4 hours. This workshop is most useful for managers who are just starting their HACCP plan. Individual assistance will be available. A one hour session during the regular conference will cover specific information on HACCP plans for Farm to School/local food products, answer individual questions on School HACCP, and provide individual assistance.
What to Bring: A 3-ring binder, a copy of 5-10 school recipes, one month's menu and your School HACCP plan if you already have one.
CLASS LIMIT: 40. This class is being sponsored by the Montana Team Nutrition Program
4. **AM 4-hour Serv Safe - All food service personnel are required to take at least 4 hours of food safety to meet the HACCP requirements. Presented by Bernie Mason**
5. **AM 4-hour New Food Service Managers** - Tips for dealing with the paperwork required to run a successful school meals program. Advice about how to set up your HACCP files, production records, inventory, commodities, and so much more. An absolute essential for new managers, this class can also refresh some of our older memories and make your next review a snap. Presented by Brenda Peppers
6. **AM 4-hour Fruits and Veggies/Healthy Snacks** - This class will teach you how to choose good produce. What's in season, where does it come from and how can I best use it in my program (snack or meals). It will also contain some healthy snack ideas. Presented by Teresa Motlas
7. **AM 4-hour Baking with whole grains - Boost Your Student's Nutrition with Whole Grain: Let's Get Baking!**
This workshop is designed for cooks or bakers interested in learning tips on how to bake with whole grains for lunch and breakfast menus. It will review the nutrition facts, basic preparation techniques and ideas for incorporating a variety of whole grains into your baked goods but also into school recipes and snack programs in general. Be ready to taste some kid-friendly delicious and nutritious items.
What to Bring: Your ideas and information from your experiences about baking with whole grains
CLASS LIMIT: 40. This class is being sponsored by the Montana Team Nutrition Program
8. **PM 4-hour Food Service Managers** - repeat of AM class
9. **PM 4-hour How to Succeed in Taking the HealthierUS School Challenge** - This 4-hour training session is designed for School Food Service Directors, Health Enhancement Teachers and School Administrators who are interested in learning how to successfully apply for a HealthierUS School Challenge (HUSSC) Award. This hands-on working session will teach participants how to successfully meet the criteria for the HealthierUS School Challenge award program. It will focus on meeting the lunch menu and snack criteria, nutrition education and physical activity requirements.
Why would a school apply for a HUSSC award?
 - To be recognized as being among the healthiest schools in the nation.
 - To promote your school meals program within your community by serving the healthiest meals possible.
 - To ensure children have the opportunity to eat healthy and be active at school.

What to Bring: 1) the draft of the application if it's already started; and 2) a month of lunch menus that need to be evaluated for meeting the criteria and several products (including product packaging/nutrition facts label) from student stores or a la carte lines. Additional items if available - 3) a list of nutrition education activities that are done in the classroom, cafeteria or with parent or community groups; and 4) a student physical education/health enhancement schedule.

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10. **PM 4-hour Marketing School Meals in Montana— Marketing School Meals in Montana: Smart Ways to Get the Respect and Participation Your Program Deserves** - Marketing school meals is essential for the success of any child nutrition program-large or small. And, marketing is the business of every employee in the food and nutrition department. This hands-on workshop is for everyone from cooks and substitutes to managers and directors. It is guaranteed to engage you and motivate you to enhance your marketing efforts with easy, inexpensive, tried-and-true tips from districts across the country. ***Every school will leave the workshop with a marketing plan for 2011-2012.*** Presented by Dayle Hayes
11. **PM 4-hour Personality Profile- includes a personal personality profile.**
Presented by Bryan Peterson DiSC - Understanding Dimensions of Behavior- This workshop will review the dimensions of behavior specific to DiSC and relate them to personal experiences by the instructor, as well as the management team. Participants will look closely at each team member's profile and classical pattern and discuss how each can and should relate to others on the team that has differences. Discussion will also revolve around the strengths each dimension offers.
12. **PM Real Fitness for Real People at Home**
By Yurii Hanson, Owner CrossFit Billings- This class is designed to develop an understanding for exercise programs that can be done in rural communities and at home. We will cover exercises philosophy and demonstration of proper technique and movement, exercise programming, and basic nutritional guidelines. Attendees will leave with a better understanding of what they can do in the comfort of their own home, to perform daily activities and stay in shape. Please wear loose fitting clothing. We will be moving around ;)
CLASS LIMIT: 30